

Practical Travel Guide - 201

TOWADA-HACHIMANTAI NATIONAL PARK



Japan National
Tourism Organization
日本政府観光局



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In collaboration with
Tourist Information Centers in the area

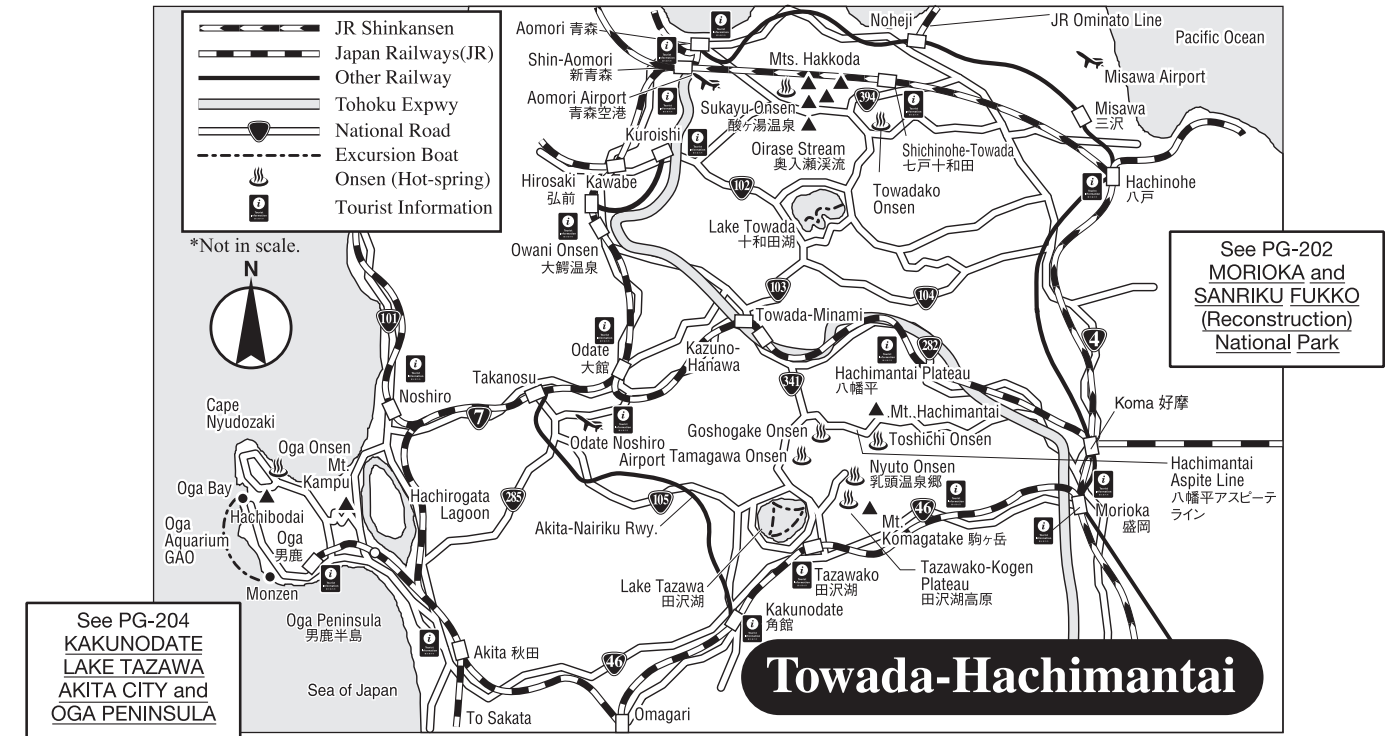


Japan.
Endless
Discovery.

This guide covers only a few places of northern Japan, or “Tohoku” (東北) as it’s called in Japanese, namely, the Towada-Hachimantai National Park shared by Aomori, Akita and Iwate Prefectures.

This park, 85,411 ha. in area, is made up of 2 separate areas of Lake Towada and the Hachimantai Plateau, touching on the borders of Akita, Aomori and Iwate Prefectures. This district is blessed with natural wonders, which have been left unmanned to this day.

Abundant Onsen (hot springs) are natural blessings of the district, forming relaxing Onsen here and there. Most of them are small and unsophisticated, giving you a chance to meet local people and experience real country life. A bus network covers all the tourist spots, but service is not very frequent and in some areas it is suspended during the wintertime due to heavy snow and a cold climate. Also bus schedules often change with the season. It is good to remember this when you plan a trip to this district.



Access:
By Air

From	To	Operated by	Approx. Travel Time	Access to Downtown
Haneda (Tokyo)	Aomori Airport	JAL	1 hr. 25 min.	[To Aomori Sta.]
Itami (Osaka)		JAL, ANA	1 hr. 40 min.	- By Bus
New Chitose (Sapporo)		JAL, ANA	45 min.	35 min. ¥710

By Rail (JR)

From	To	By	Approx. Travel Time	Price
Tokyo Sta.	Morioka Sta.	Tohoku Shinkansen “Hayabusa” “Hayate” “Yamabiko”, Akita Shinkansen “Komachi”	2 hrs. 20 min. (Hayabusa)	¥15,010 (Hayabusa)*
Tokyo Sta.	Shin-Aomori Sta.	Tohoku Shinkansen “Hayabusa” or “Hayate”	3 hrs. 10 min. (Hayabusa)	¥17,670 (Hayabusa)*
Morioka Sta.	Kazuno-Hanawa Sta. / Towada-Minami Sta.	Hanawa Line (Local) via Iwate Galaxy Railway (IGR)**	2 hrs.	¥2,000 / ¥2,180
Tokyo Sta.	Tazawako Sta.	Akita Shinkansen “Komachi”	2 hrs. 55 min.	¥16,470*

*Fare & express charge (with seat reservation, normal season).

**Passes issued by JR East covering this area can be used on IGR section. Additional charge (¥660) is required for nationwide Japan Rail Pass holders.

Transportation within Towada-Hachimantai National Park

From	via	To	Approx. Travel Time	Price	Ticketing & Operator
Aomori Sta.	(Shin-Aomori Sta.) Sukayu Onsen Oirase Stream*	Lake Towada (Yasumiya)*	3 hrs. 10 min.	¥3,140	“Mizuumi” by JR Bus Pay in cash**
Hachinohe Sta.	Towada City* Oirase Stream*		2 hrs. 15 min.	¥2,720	“Oirase” by JR Bus Pay in cash**
Morioka Sta.	Hachimantai Onsen Resort	Hachimantai Peak*	2 hrs. 5 min.	¥1,390	Northern Iwate Transportation Bus Pay in cash
Tazawako Sta.	Tamagawa Onsen* Goshogake Onsen*		2 hrs. 15 min.	¥2,090	Ugo Kotsu Bus Pay in cash

*Available between late Apr. and late Oct. /early Nov.

**Nationwide Japan Rail Pass and regional JR East Passes are accepted.

*See p. 4 for admission and opening times.

LAKE TOWADA AREA

Lake Towada (十和田湖), one of the top scenic gems in Japan with its delicate sylvan beauty, many waterfalls and rapids, is the most popular tourist spot in the Tohoku district. The surrounding mountains and the 2 capes of Ogura and Nakayama projecting into the lake are bright with lush greenery in spring and ablaze in autumn with the crimson of maple leaves. For a closer look at the lake scenery you can take a sightseeing boat.

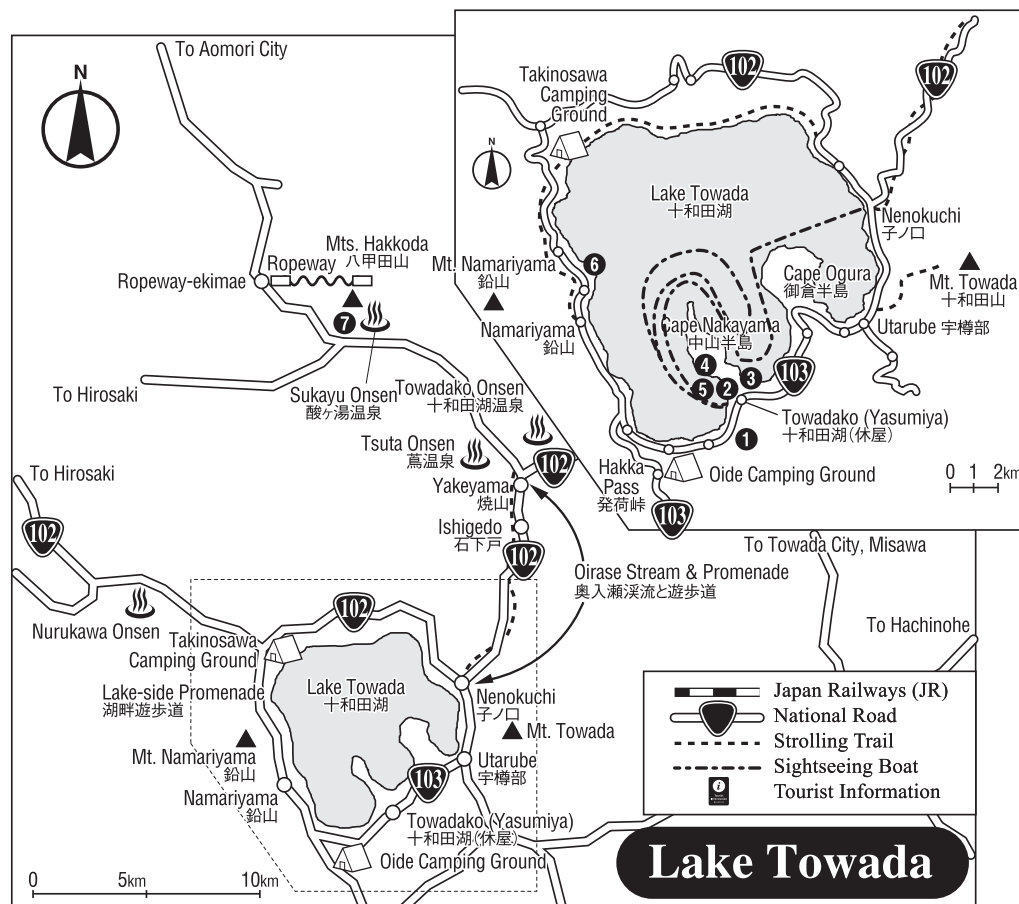
[Sightseeing boat] Course A: Between Yasumiya and Nenokuchi. Course B: From Yasumiya to Yasumiya (round). Fare: ¥1,430 per ride (50 min. each). Operation: Between late Apr. and early Nov.

Sukayu Onsen (酸ヶ湯温泉), 1 hr. 10 min. by bus from Aomori Sta., has been known for the curative powers of its mineral waters for over 300 years. The spa is famous for a gigantic bath called *Sen'ninburo* (千人風呂 Bath for 1,000 people).

The Hakkoda Mountains (八甲田山), a high plateau consisting of a series of 1,300–1,585 m-high mountains, extend between Aomori City and Lake Towada. An aerial cable car goes to the 1,324 m-high Tamoyachi Peak in 10 min. from Ropeway-ekimae bus stop which is reached in 1 hr. by bus from Aomori Sta. The round-trip fare for ropeway is ¥2,000. The alpine plants growing in clusters, the virgin forests of acerose trees, marshes, swamps and Onsen scattered on the mountains attract many tourists.

Oirase Stream (奥入瀬溪流), 2 hrs. by bus from Aomori or 1 hr. 25 min. by bus from Hachinohe to Yakeyama, is the only stream whose source is in the lake. It flows north for about 14 km from the eastern shore of the lake, through a thickly wooded valley. A leisurely stroll of the 9-km-long promenade between Ishigedo and Nenokuchi is a "must" for a visitor to fully appreciate

the wonder and beauty of this natural treasure. The areas in autumn are ablaze with tinted leaves, presenting one of the loveliest sights to be seen in the Tohoku district. Rental cycles are available at Nenokuchi and Yakeyama.



Accommodation numbers ① – ⑦ correspond to the page 4/4

SUGGESTED TOUR ITINERARY

1st Day:

Tokyo 3 hrs. 10 min. Shin-Aomori 1 hr. 15 min. Sukayu Onsen
Tohoku Shinkansen "Hayabusa" bus

2nd Day:

Sukayu Onsen 55 min. Yakeyama 3-4 hrs. (14 km) Nenokuchi 15 min. Towadako (Yasumiya)
bus walk bus

3rd Day:

Yasumiya 50 min. Nenokuchi 2 hrs. 5 min. Hachinohe Sta. 2 hrs. 50 min. Tokyo
Sightseeing boat bus Tohoku Shinkansen "Hayabusa"

[Note] Please reconfirm the latest bus schedule before you visit.

HACHIMANTAI PLATEAU AREA

Hachimantai Plateau (八幡平) is located to the south of Lake Towada and ranges over the prefectures of Akita and Iwate. The plateau, chiefly composed of conide, aspite or aspatholoidal volcanoes such as Iwate, Koma, Hachimantai, Chausu and Yakeyama, maintains remnants of ancient volcanic activity here and there in the form of boiling mud pools as well as steam and smoke vents. Many of these places have been developed as hot spring resorts, primitive as they are, offering rest places for visitors.

Goshogake and Toshichi are the most favored of these resorts. The plateau offers ideal mountaineering and skiing and is noted for its abundance of natural wonders and its variety of alpine plants. The summit of Mt. Hachimantai (1,613 m) soaring in the approximate center of the plateau, can easily be reached by the Hachimantai Aspite Line, a 27.8-km-long road running across the plateau.

Goshogake Onsen (後生掛温泉), about 2 hrs. by bus from Tazawako Sta., is noted for its abundance of hot water. Here 7 types of bath and box-type steam baths are available. In the neighborhood such volcanic phenomena as “muddy volcano (doro-kazan)” and “hot-water swamp (oyunuma)” can be observed. Open: 9:00–16:00 Fee: ¥600

Goshogake Nature Trail (後生掛自然研究路) is a 2 km-long promenade allowing observation of the volcanic phenomena. Closed: Nov. – Apr.

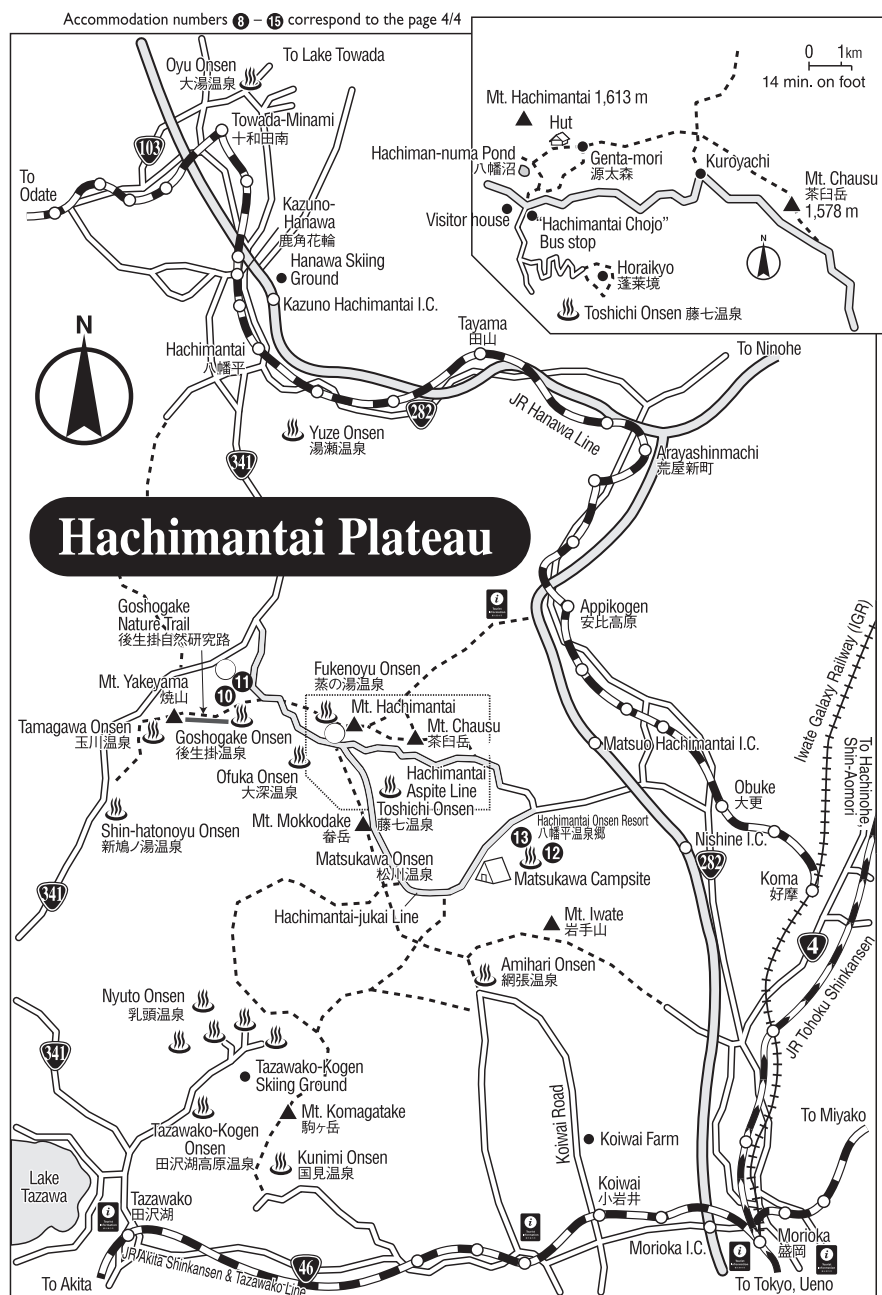
Toshichi Onsen (藤七温泉), lying at an altitude of 1,400 m at the foot of Mt. Mokko which rises 3.5 km south of Mt. Hachimantai, serves as a base for springtime skiing. Closed: Late Oct. - mid Apr.

Horaikyo (蓬莱境), or “Land of Eternal Youth,” extending over the northern side of Toshichi Onsen, is a natural garden grown over with dwarfed pine trees and various alpine plants. The natural colors in early Oct. are particularly magnificent. There are also many fantastic rock formations. 40-min. trekking course is available.

Genta-mori (源太森), 20 min. on foot to the east of Mt. Hachimantai, commands a fine view

of Hachiman-numa pond and other swamps below and Mt. Yakeyama (1,366 m) in the distance.

Hachiman-numa Pond (八幡沼), the only crater lake of an aspite volcano in Japan, comes in sight after 30-min walk from Hachimantai-chojo (top) bus stop. Walking around the pond takes about 1 hour while enjoying flowers. The alpine plants blooming in Jul. to Aug. are worth seeing.



[Note] Recommended to wear trekking shoes when you visit slippery nature trails.

Accommodations:

Name of facilities	Tel.	Fax.	Room rate (¥)	Name of facilities	Tel.	Fax.	Room rate (¥)
Lake Towada:				Hachimantai Plateau:			
① Shunzanso (M)	(0555)62-5481	(0555)62-6071	¥¥	⑧ Hitou-no Yado (R)	(0186)31-2131	(0186)31-2002	¥¥
② Hotel Towadasou (H)	(0176)75-2221	(0176)75-2225	¥	⑨ Sansui (R)	(0186)31-2311	(0186)31-2312	¥¥
③ Towadako Sansou (M)	(0176)75-2710	(0176)75-2819	¥	⑩ Goshogake Onsen Ryokan (R)	(0186)31-2221	(0186)31-2223	¥¥
④ Towadako Grand Hotel (H)	(0176)70-6001	(0176)75-2525	¥¥¥	⑪ Hachimantai Kogen Hotel (R)	(0186)31-2011	(0186)31-2647	¥¥
⑤ Towadako Lake view Hotel (H)	(0176)75-1500	(0176)75-1555	¥¥¥	⑫ Kyouun-so (R)	(0195)78-2256	(0195)78-2818	¥¥
⑥ Towada Prince Hotel (H)	(0176)75-3111	(0176)75-3110	¥¥	⑬ Hachimantai Rising Sun Hotel (H)	(0195)78-2170	(0195)78-2173	¥
Sukayu Onsen:							
⑦ Sukayu Onsen (R)	(017)738-6400	(017)738-6677	¥¥				

Remarks:

① – ⑬ correspond to those on the map page 2/4 & 3/4

H = Hotel

R = Ryokan

Y = Youth Hostel

M = Minshuku (family-run inn)

Rate per person

¥¥¥ = more than 15,000 yen

¥¥ = 8,001 yen – 15,000 yen


¥ = 8,000 yen or less

[Good to know] Admission and opening times at tourist attractions:

- Last entry to the most of attractions is 30 min. before the closing time.
- In general, if their weekly closing day (most are on Mon.) falls on a national holiday, they are open on the day and are closed on the following day after the holiday(s).
- Most are closed throughout / a part of New Year holiday period (especially Dec. 29–Jan. 3).
- Please visit the official website of each place / your nearest tourist information center for the updates.



 Japan Official Travel App






JNTO TIC (Tourist Information Center)

TIC of Japan National Tourism Organization is your helping hand while in Japan. Its main services are providing travel information and free literature on Japan such as tourist spots, transportation, and suggesting tour itineraries, etc.

1F, Shin-Tokyo Bldg., 3-3-1 Marunouchi, Chiyoda-ku, Tokyo
 100-0005 Tel. 03-3201-3331 (in Japan)
 Open daily from 9:00 to 18:00 (Closed on Jan. 1)
<https://www.japan.travel/en/plan/tic/>



Goodwill Guide Groups offer tourists from overseas local tours guided in English or other languages. The guides are registered with JNTO and display the badge shown. As they are volunteers, there is no charge for their service. You are only expected to pay for their transportation, admission to tourist facilities if you visit any and their meals if you eat with them.

JNTO Website

<https://www.japan.travel/en/plan/list-of-volunteer-guides/>

**TOURIST INFORMATION in the area****Aomori Tourist Information Center (JR Shin-Aomori Sta.):**

140-2 Ishietakama, Aomori city, Aomori

Hours: 8:30-19:00 (-17:00 on Dec. 31 & Jan. 1)

Tel. 017-752-6311

Iwate Tourism Association:

3F of Malios Bldg., 2-9-1 Morioka-eki Nishi-dori, Morioka city, Iwate

Hours: 8:30-17:15

Closed: Weekends, national holidays & Dec. 28-Jan. 3

To find

other Tourist Information Centers,
 visit <https://tic.jnto.go.jp/>



JNTO Website: <https://www.jnto.go.jp>

All information, including transportation schedules, fares, prices and accommodation charges which is contained in this leaflet is based on data as of November 2019, and is subject to change without notice. While every effort is made to ensure the accuracy of all information, regrettably errors do occasionally occur. Therefore, you should check with organizations concerned for updated and accurate information on your chosen destination. JNTO shall not be liable for any loss or damage of whatever nature that may arise as a result, directly or indirectly, from the use of any of the information or material contained in this leaflet.

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